

BLUSH AFTERCARE ADVICE – NSI Gel, Gelish, Natural Nails

Please read the following advice as a guide to the aftercare for your treatment at BLUSH. The following guidelines are to help ensure that you get the best results from your treatments. If you have any questions between services, or about any other services available at BLUSH please call us on (01252) 870166.

NSI Nail Enhancements / Extensions:

To ensure that your nails are always at their best you need to return to your nail technician for regular maintenance appointments, every 2-3 weeks for your rebalance. At each appointment you can choose between natural gel (just pink) French (pink & white) or permanent coloured gel.

NB: for your own comfort and nail health you should never perform removal of nail enhancements. A qualified nail professional, for health and safety reasons, must remove extensions.

- You can paint polish over your NSI nails. However, always use a NON-Acetone based nail polish remover.

To prolong the look of your nails

- Wear protective gloves when washing up, gardening and housework.
- Please dry your hands thoroughly after getting them wet.
- Use cuticle oil regularly, especially at night and use a good hand cream.
- Your nails should be treated as jewels not tools!
- Don't pick or bite around the cuticles, this will cause lifting and damage your nails.
- If lifting occurs, do not pick the gel. Instead, return to your nail technician for professional maintenance and repair, please note individual nail replacements are available between rebalances (infills). Please note there is an appointment charge for nail repairs.
- Follow the advice of your nail technician. If you have any questions or problems regarding your nail enhancements, always contact a BLUSH technician.

Gelish

- Use cuticle oil regularly – rub it all around your cuticle and onto the nail itself. Use at least twice daily (on your toes as well as fingers), this keeps your nails

supple but strong and nourishes them. You can buy small bottles of cuticle oil from BLUSH that last a long time.

- Avoid hand creams containing lanolin as these may cause the product to lift as will extensive use of alcohol cleansing gels.
- Wear rubber gloves when using cleaning products and washing up. You should do this anyway even if you don't have anything on your nails, as chemicals are very harsh to the skin and soaking nails in water is often damaging to them
- Wear gloves when gardening/decorating.
- Do not pick, cut, file or bite your nails. This will not only damage the product, but could harm your natural nails. Once the 'seal' of the Gelish is broken it becomes vulnerable to breaking and lift.
- If you have been heavy handed and damaged your Gelish gel nail polish (it is not infallible!) you can make an appointment to have it repaired, please book a gelish nail replacement appointment. Please note there is an appointment charge for nail repairs.
- Always have the product removed professionally to avoid any natural nail damage. Peeling or picking Gelish from your nails will remove a couple of layers of nail with it too.
- Avoid intense heat for 24 hours after application, so don't use a sauna or sunbed as it may cause heat spikes on your gel nails, and will fade your colour!
- Always wash your hands, nails and cuticles carefully after applying sun cream and self tanning lotions. Some makes of sun cream contain ingredients , which if left, will impair your Gelish colour possibly making it fade. Gelish is porous. Self tanning lotion, hair colour and other products containing colour will discolour your Gelish. Please note that discoloured Gelish is not subject to re-work.

Manicure and Pedicure:

- Leave adequate time after your treatment to allow your nails to dry before leaving.
- For pedicures wear open toe shoes.
- Do not use your nails as tools.
- To prolong the life of your varnish, wear protective gloves when washing up, gardening and housework.
- Massage cuticles with cuticle oil and use a good quality hand cream daily.
- Use non-acetone based varnish remover.
- Use a nail file to gently smooth any chips.

Waxing:

Please note: A small amount of soreness, small bumps and redness can occur after waxing, especially if it is your first wax. Symptoms will naturally subside over the next 24-48 hours. If you experience persistent redness or irritation, apply a cold compress. If you have any questions, please do not hesitate to contact us on (01252) 870166.

A small amount of re-growth after a week or so is normal as it can take up to 4 treatments for your hair growth cycle to get to the right stage to give you the best results.

Maintenance is the key to a great smooth result:

To prevent ingrown hairs: starting a few days after your appointment, gently scrub the skin 3 times a week in the bath or shower using a loofah or exfoliating mitt. Also moisturise the area every day, which will keep the skin supple and help new hairs to grow through normally.

Before your appointment, please make sure your hair is at least 1/2 cm long before the hairs can be successfully removed and please do not shave between your appointments. To maintain your smooth appearance, we recommend regular waxing every 4-6 weeks.

Keep the waxed area clean and avoid heat and friction during the 24-48 hours after your appointment. We recommend that during this time you:

- Avoid HOT baths or showers.
- Avoid steam treatments e.g. saunas or hot tubs.
- Avoid tanning e.g. Sunbeds or Fake Tan.
- Avoid sport, gym work or other exercise.
- Completely avoid touching the treated area with unwashed hands.
- Wear clean, loose fitting clothes.
- Completely avoid swimming.
- Do not apply deodorants, body sprays, powders, lotions or other products to the area, other than those recommended by your BLUSH Therapist.
- To soothe and protect the skin, apply an antiseptic cream or aloe vera product to the waxed area regularly for 3 days following your treatment.
- You may notice a small amount of re-growth after a week or so. It can take up to 4 treatments for your hair to get on a growth cycle that gives best results

Eyelash Tinting:

For allergy purposes a patch test will be necessary 24 hours before treatment. Although we are persistent in making sure there is no trace of tint remaining, this can sometimes happen. If it does, use a wet cotton pad to remove any excess that may have remained on the area.

- Don't rub your eyes.
- Avoid heat treatments for 24 – 48 HOURS.
- Avoid Tanning e.g. sunbeds/sunbathing for 24- 48 hours, as this fades the tint.
- Please avoid putting your contact lenses back in for 24 hours after treatment.
- Avoid applying make-up and avoid any other eye treatments for at least 24 hours after your treatment.
- Avoid oily make up remover or mascara.
- Try not to get the tinted area wet for 24 hours.

Eyelash Extensions:

Allergic reactions to our professional Novalash products are rare. However, if you experience soreness, swelling or puffy eyes take an anti-histamine (as long as you are not allergic to anti-histamine or any other ingredients in the product) and call BLUSH on 01252 870166 to discuss.

- Avoid exposing Novalash Eyelash Extensions to water for 12-24 hours after the application. If washing the face, use care and avoid splashing water or cleaner in the eye area.
- DO NOT swim, shower, use hot tubs, or steam rooms for the first 12-24 hours.
- Avoid contact between moisturisers, eye creams, or makeup removers and the Novalash Eyelash Extensions. Any cosmetic product or cleanser containing glycols, organic solvents, or urea should be avoided. Products such as these can potentially break down the adhesive bond and shorten the duration of time the extensions stay on. Products with high concentrations of alcohol should also be avoided.
- If you feel you need mascara use only Novalash approved water-soluble mascara on your eyelash extensions. Waterproof mascara should NOT be used. Note that repeated use of any mascara, including Novalash mascara may shorten the lifespan of Novalash Eyelash Extensions.
- Curling of Novalash Eyelash Extensions is not recommended. Because the extensions come pre-curved, additional curling is not necessary and doing so may shorten the lifespan of the extensions by compromising the adhesive bond.

- Avoid rubbing your eyes or pulling on your extensions. Any action which repeatedly puts stress or strain on your Novalash Eyelash Extensions will cause them to come off prematurely.
- Eyelashes are normally shed on a regular basis, thus multiple extensions may be lost on any given day.
- Visit your technician for touch-ups every 3-4 weeks.
- Novalash extensions can be easily removed at BLUSH, do not attempt to remove them yourself.

Spray tan:

Before your tan

- Exfoliate 24 hours before to remove dead skin cells and to improve your tan's effectiveness.
- Don't apply moisturiser or lotion before tanning.
- Remove make up and don't apply deodorant.
- Wear loose clothing & flip flops to your appointment if possible.

After your tan

- Wash off tan after 8-10 hours, preferably keep tan on overnight.
- Moisturise every day to pro-long tan, don't use oil.
- Don't have waxing, facials or massage as this will affect your tan.
- Use exfoliator to remove tan residue or let it fade naturally.
- Don't get the skin wet until you want to wash the initial tan off.

Massage:

- Drink plenty of water.
- Avoid swimming / sauna / steam room and the gym for 24 hours after your massage.
- Avoid tea / coffee or caffeinated drinks for 24 hours.
- Regular massages every 4-6 weeks can help to relieve tension, stress and aches and pains.

Facials:

- Drink plenty of water.
- Avoid swimming / sauna / steam room and the gym for 24 hours after your facial.
- Avoid tea / coffee or caffeinated drinks for 24 hours.
- Avoid make up, fake tan and perfumed products for 24 hours.
- Cleanse, tone & moisturise every day.
- Exfoliate 2-3 times per week.
- No facial waxing for 24 hours.
- Regular facials every 4-6 weeks are recommended to maintain the benefits of your facials.
- If you experience any reactions apply a cold compress and seek advice from your GP or call BLUSH to speak to a therapist.

Hair Colour, Styling, Extensions, Keratin

Your stylist will advise you on the best aftercare for your colour and style. Please be aware that salon products are specifically formulated to prolong the life, colour and condition of your hair using carefully balanced PH levels. Supermarket products can actually strip your hair of colour and reduce its condition dramatically and should not be used, if you need help choosing your aftercare products just ask your stylist and they will tailor the products to your hair type, style and colour treatment to help you to prolong and maintain your hair style at home. Factors which may reduce the intensity of your colour include:

- Overuse of heated styling equipment, saunas and steam rooms.
- Not using recommended professional home care products.
- Sun, sea and swimming pool exposure.
- Poor condition of hair.

Keratin blow dry

Can I shampoo the same day? No, don't wash your hair for 24 hours after treatment.

Is the GK Hair suitable for all hair types? Yes.

Can I have my hair coloured the same day? No we recommend having your colour done 2 weeks prior or 2 weeks after the treatment.

Can I have the treatment if I'm pregnant or nursing? No it is not recommended.

Are there any harsh chemicals in the GK Hair Brand? No.

To maintain your Keratin blow dry, at a minimum Global Keratin shampoo and conditioner must be used at home. If you have had a Keratin Blow dry with us please inform the person who washes your hair at BLUSH during your other service visits to ensure that GK products are used on your hair during your visit.

Hair extensions

We advise that you visit the salon within the first week to check the extensions and at least once a month after for a maintenance check. Wet your hair and apply conditioner before swimming or going in the sea.

Allow a little extra time each day to look after your extensions, and plait your extensions at night time, this avoids your extensions tangling and greatly improves their lifespan. Only use shampoo and conditioner recommended by your stylist.